

**What is claimed is:**

1. A composition for lowering LDL-cholesterol levels or for elevating HDL-cholesterol levels in blood of a mammal or both, comprising an ester of a policosanol or a mixture or esters of policosanols.
2. The composition according to claim 1, wherein the acid moiety of the ester and the esters is a carboxylic acid containing from 2 to 22 carbon atoms.
3. The composition according to claims 1 or 2, further comprising a food substance or a mixture of food substances.
4. The composition according to claim 3, wherein the food substance or mixture of food substances is selected from the group consisting of table margarine, shortening, mayonnaise, vegetable oil, ice cream, milk and yogurt.
5. The composition according to claim 1 or 2, further comprising a pharmaceutically acceptable component selected from the group consisting of an excipient, antioxidant, coloring agent, binder and stabilizer.
6. A method for lowering LDL-cholesterol levels or for elevating HDL-cholesterol levels in blood of a mammal or both, which comprises orally administering to said mammal a composition comprising an effective amount of an ester of a policosanol or a mixture of esters of plicosanols
7. The method according to claim 6, wherein the acid moiety of the ester and the esters comprise a carboxylic acid containing from 2 to 22 carbon atoms.
8. The method according to claims 7, wherein the composition further comprises a food substance or a mixture of food substances.

9. The method according to claim 8, wherein the food substance or the mixture of food substances is selected from the group consisting of table margarine, shortening, mayonnaise, vegetable oil, ice cream, milk and yogurt.

10. The method according to claim 7, wherein the composition further comprises a pharmaceutically acceptable component selected from the group consisting of an excipient, antioxidant, coloring agent, binder and stabilizer.

11. The method according to claim 9 or 10, wherein the effective amount of the ester of the policosanols or the mixture of the esters of the policosanols of the composition comprises a daily dosage from 1 to 500 mg of said ester or said mixture of esters.

12. A composition for lowering LDL-cholesterol and triglycerides or for elevating HDL-cholesterol in blood of a mammal or both, comprising an ester of a phytosterol or a mixture of esters of phytosterols wherein the acid moiety of the ester or the mixture of esters is fatty acid selected from the group consisting of eicosapentaenoic acid, docosapentaenoic acid, linoleic acid, linolenic acid and arachidonic acid or a mixture of said esters.

13. The composition according to claim 12, wherein the phytosterol is selected from the group consisting of beta-sitosterol, beta-sitostanol, campesterol, campestanol and stigmasterol.

14. The composition according to claims 12 or 13, further comprising a food substance or a mixture of food substances.

15. The composition according to claim 14, wherein the food substance or mixture of food substances is selected from the group consisting of table margarine, shortening, mayonnaise, vegetable oil, ice cream, milk and yogurt.

16. The composition according to claims 12 or 13 further comprising a pharmaceutically acceptable component selected from the group consisting of an excipient, antioxidant, coloring agent, binder and stabilizer.

17. A method for lowering LDL-cholesterol and triglycerides or for elevating HDL-cholesterol in blood of a mammal or both, which comprises orally administering to said mammal a composition comprising an effective amount of an ester of a phytosterol or a mixture of esters of a phytosterols wherein the acid moiety of the ester or the mixture esters is a fatty acid selected from the group consisting of eicosapentaenoic acid, docosapentaenoic acid, linoleic acid, linolenic acid and arachidonic acid.

18. The method according to claim 17, wherein the phytosterol is selected from the group consisting of beta-sitosterol, beta-sitostanol, campesterol, campestanol and stigmasterol.

19. The method according to claims 18 wherein the composition further comprises a food substance or a mixture of food substances.

20. The method according to claim 19, wherein the food substance or mixture of food substances is selected from the group consisting of table margarine, shortening, mayonnaise, vegetable oil, ice cream, milk and yogurt.

21. The method according to claims 18, wherein the composition further comprises a pharmaceutically acceptable component selected from the group consisting of an excipient, antioxidant, coloring agent, binder and stabilizer.

22. The method according to claims 20 or 21, wherein the effective amount of the ester of the phytosterol or the mixture of the esters of the phytosterol of the composition comprises a daily dosage from 0.1 to 20 of said ester or said mixture of esters.

23. A composition for lowering LDL-cholesterol and triglycerides or for elevating HDL-cholesterol in blood of a mammal or both, comprising an ester of a policosanol or a mixture of esters of policosanol and an ester of a phytosterol or a mixture of esters of phytosterols wherein the acid moiety of the ester of the phytosterol or the mixture of esters of the phytosterols is a fatty acid.

24. The composition according to claim 23, wherein the acid moiety of the ester of the policosanol and the esters of the policosanols is a carboxylic acid containing from 2 to 22 carbon atoms.

25. The composition according to claims 23 or 24, wherein the fatty acid is selected from the group consisting of eicosapentaenoic acid, docosapentaenoic acid, linoleic acid, linolenic acid and arachidonic acid.

26. The composition according to claim 25, further comprising a food substance or a mixture of food substances.

27. The composition according to claim 26 wherein the food substance or mixture of food substances is selected from the group consisting of table margarine, shortening, mayonnaise, vegetable oil, ice cream, milk and yogurt.

28. The composition according to claim 25, further comprising a pharmaceutically acceptable component selected from the group consisting of an excipient, antioxidant, coloring agent, binder and stabilizer.

29. A method for lowering LDL-cholesterol and triglycerides or for elevating HDL-cholesterol in blood of a mammal or both, which comprises orally administering to said mammal a composition containing an effective amount an ester of a policosanol or a mixture of esters of policosanols and an ester of a phytosterol or a mixture of esters of phytosterols wherein the acid moiety of the ester of the phytosterol and the mixture of esters of the phytosterols is a fatty acid.

30. The method according to claim 29, wherein the acid moiety of the esters of the policosanols and the mixture of esters of policosanols is a carboxylic acid containing from 2 to 22 carbon atoms.

31. The method according to claims 29 or 30, wherein the fatty acid is selected from the group consisting of eicosapentaenoic acid, docosapentaenoic acid, linoleic acid, linolenic acid and arachidonic acid.

32. The method according to claim 31, the composition further comprising a food substance or a mixture of food substances.

33. The method according to claim 32, wherein the food substance or mixture of food substances is selected from the group consisting of table margarine, shortening, mayonnaise, vegetable oil, ice cream, milk and yogurt.

34. The method according to claim 31, wherein the composition further comprise a pharmaceutically acceptable component selected from the group consisting of an excipient, antioxidant, coloring agent, binder and stabilizer.

35. The method according to claims 33 or 34, wherein the effective amount of the ester of the policosanols or the mixture of the esters of the policosanols and the esters of the phytosterol or the mixture of esters of phytosterol of the composition comprises a daily dosage from 1 to 500 mg of the ester of the policosanols or the mixture of the esters of the policosanols and 0.1 to 20 g of the ester of the phytosterol or the mixture of the esters of the phytosterols.